



COUNTY OF SAN DIEGO

NEWS RELEASE

FOR IMMEDIATE RELEASE

May 18, 2006

COUNTY TO CELEBRATE 14TH ANNUAL NATIONAL TRAILS DAY *County and City Host Free Event at Los Peñasquitos Historic Adobe Ranch House*

On Saturday, June 3, trail enthusiasts from all over San Diego County will celebrate National Trails Day and raise awareness of the many recreational and health benefits of trails.

To commemorate National Trails Day, the County Department of Parks and Recreation has teamed up with City Parks and Recreation to host a free event at Los Peñasquitos historic adobe ranch house. The family-oriented, free event will feature nature hikes, mountain bike trail rides, horseback riding, a rock climbing wall, children's activities, environmental education, docent-led tours of the historic home, live entertainment, vendors, and many more exhibits and demonstrations.

This year, the theme for National Trails Day is "Experience Your Outdoors," which is designed to encourage residents to enjoy quality recreation experiences that trails provide.

More than 1,000 participants attended last year's event.

The event will be held from 10 a.m. to 4 p.m. at the Los Peñasquitos Canyon Preserve, located at the adobe ranch house at 12020 Black Mountain Road near the end of Canyonside Drive. For more information, please visit www.sdparcs.org.

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